



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09383, Tangerines, (mandarin oranges), canned, juice pack, drained**

**Report Date: July 01, 2017 03:20 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.7 Fat Factor: 8.37 Protein Factor: 3.36**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 189g
<b>Proximates</b>					
Water	g	89.51	--	--	169.17
Energy	kcal	38	--	--	72
Energy	kJ	158	--	--	299
Protein	g	0.75	--	--	1.42
Total lipid (fat)	g	0.04	--	--	0.08
Ash	g	0.29	--	--	0.55
Carbohydrate, by difference	g	9.41	--	--	17.78
Fiber, total dietary	g	1.2	--	--	2.3
Sugars, total	g	8.25	--	--	15.59
<b>Minerals</b>					
Calcium, Ca	mg	12	--	--	23
Iron, Fe	mg	0.27	--	--	0.51
Magnesium, Mg	mg	11	--	--	21
Phosphorus, P	mg	11	--	--	21
Potassium, K	mg	136	--	--	257
Sodium, Na	mg	5	--	--	9
Zinc, Zn	mg	0.53	--	--	1.00
Copper, Cu	mg	0.041	--	--	0.077
Selenium, Se	µg	0.4	--	--	0.8
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	33.9	--	--	64.1
Thiamin	mg	0.088	--	--	0.166

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 189g
Riboflavin	mg	0.031	--	--	0.059
Niacin	mg	0.445	--	--	0.841
Vitamin B-6	mg	0.043	--	--	0.081
Folate, total	µg	5	--	--	9
Folic acid	µg	0	--	--	0
Folate, food	µg	5	--	--	9
Folate, DFE	µg	5	--	--	9
Choline, total	mg	6.0	--	--	11.3
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	66	--	--	125
Retinol	µg	0	--	--	0
Carotene, beta	µg	298	--	--	563
Carotene, alpha	µg	204	--	--	386
Cryptoxanthin, beta	µg	775	--	--	1465
Vitamin A, IU	IU	1312	--	--	2480
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	243	--	--	459
Vitamin E (alpha-tocopherol)	mg	0.15	--	--	0.28
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.004	--	--	0.008
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.004	--	--	0.008
18:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 189g
Fatty acids, total monounsaturated	g	0.007	--	--	0.013
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.005	--	--	0.009
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.007	--	--	0.013
18:2 undifferentiated	g	0.005	--	--	0.009
18:3 undifferentiated	g	0.001	--	--	0.002
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0